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EPISODE 9 - EGGPLANT TATARE AND GUACAMOLE

Ingredients - Tataré:

2 large eggplants
½ a small onion finely chopped
100 g cream cheese
2 tbsp mayonnaise
3 tbsp chopped blanched almonds
½ tsp coarse salt
½ tsp dried thyme
2 cloves garlic crushed
1 tsp cumin
½ tsp ground black pepper
½ tsp Ras el Hanout
1 tbsp balsamic vinegar
1 tbsp olive oil

Method:

Cook the eggplants over an open flame, turning occasionally, till they are black all over
This can take up to 40 minutes, depending on the flame
Put aside to cool down
Whilst the eggplants are cooking, fry the chopped almonds with a bit of oil and half of the Ras el Hanout
Slice the eggplants in half and scoop out the flesh
Remove any large pieces of skin from the flesh
Chop and mash the eggplants thoroughly
Put the mash into a bowl and add the almonds
Finely dice the onion half and add to the bowl
Add all the rest of the ingredients and combine thoroughly into a thick, creamy paste
Transfer to a serving bowl

Ingredients - Guacamole:

2 large ripe avocados
½ a small onion finely chopped
1 medium size tomato
Juice of ½ a lemon
½ tsp salt
½ tsp ground black pepper
Tabasco

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Method:

Slice the avocados in half, remove the seeds and, with a spoon, scoop out the flesh and put into a bowl

Finely dice the onion half and add to the bowl

Mash the avocados and onion into a creamy paste using a fork

Finely dice the tomato and add to the bowl

Add half the lemon juice, half the salt and pepper and a big shot of Tabasco

Combine well and salt and pepper to taste